

The Meadowlark Notes

ACTIVITIES & EVENTS FOR ADULTS 55 & BETTER

PROMOTING POSITIVE AGING

Dear Members,

As the air crisps into a chill and the leaves turn to their majestic gold along the bosque, we want to wish you a happy fall! Autumn is a special time in our part of the world. Hot air balloons sprinkle the sky, and the smell of pinon wood burning in a fireplace remind us why we call Rio Rancho home.

If you're ready to come back out into the world again, we encourage you to give us a call and sign up for one of the following available activities:

- Billiards (\$2 for a 2-hour time slot)
- Work-out Room (\$2 for a 1 hour time slot)
- Ceramics (Members only pick-up and drop-off for kiln firing)
- Social Hour

To make an appointment and to confirm opening (since things are ever-changing), call (505)891-5018.

We plan to reintroduce other activities in future phases at a slow and steady pace to ensure the community's health and safety.

Participants will be required to adhere to several new protocols that are put in place for safety; and minimize the transmission of the COVID-19 virus.

We currently have rigorous cleaning and sanitizing practices in between activity sessions and at the close of business each day.

The Sandoval County Meal Program is continuing their Grab-and-Go meals that can be picked up and eaten at home. Hours for meal pick-up will be Monday-Friday, from 11:30 a.m.-12:30 p.m.

We understand that you have all missed one another, as well as the MSC staff, and we encourage you to reach out to us and each other via the internet or phone. Please remember that it is safer for you to stay home, and should do so as much as possible.

Please mark your calendars that the Senior Center will be CLOSED for activities and membership renewals on Monday, October 12 for Indigenous People's Day. However, the County will be serving lunch as usual.

Sincerely,

The Meadowlark Staff

Vinyasa Yoga

Vinyasa yoga is a gentle flow-style of yoga that is ideal for all levels. Greet the new day in this light, yet invigorating class with customized instruction for each individual. With this, you can adapt your practice to fit your own abilities and intentions. Participants must be able to get up from the mat. This will be a "drop-in" type class. Pre-registration is NOT required. Please bring a mask, mat, towel and water. Limit 10. First come, first served.

Tuesdays, October 20, 27, November 3 & 10
\$5 cash per class

Veteran's Park from 9—10 a.m.

950 Pinetree Rd SE, Rio Rancho, NM 87124



Speakers & Presentations

We are pleased to announce that video presentations are now available on the City of Rio Rancho, Parks, Recreation & Community Services Facebook page!

*Lane Kirkpatrick on
Endangered Birds:*

The Socorro Dove & Condors

https://www.youtube.com/watch?v=C9G7FiED7_I

*Lane Kirkpatrick on
Endangered Cats:*

The Jaguar & Snow Leopard

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=imMqTbOT0Ug)

[v=imMqTbOT0Ug](https://www.youtube.com/watch?v=imMqTbOT0Ug)

COMING OCTOBER 14

*Salsa for Seniors
with Connie Salus*

And more online video presentations to come!

Warble Wire



There are seven types of Meadowlark birds that live across North and South America. The Western Meadowlark found in the Western United States boasts a vibrant yellow belly and chest and a flute-like *warble*.

Isolation and loneliness have always been a concern for older adults, especially now that we are all dealing with the coronavirus pandemic's effects, but that's nothing a little *warble* can't help.

If you are experiencing loneliness or are merely eager to chat, the Warble Wire is here for you! Call (505)891-5018 to get on the list to receive a phone call from a friendly voice to brighten your day!



Vision Loss Support Group

This phone support group is for seniors with vision loss and their family members. Together with fellow members, you will gain a better understanding of vision loss, its impact on daily life, and how it affects independence and relationships. Learn tools, techniques, and coping strategies. This group will be led by Leah Gerlach, MS, CRC, who has been a rehabilitation counselor for 30 years and has been legally blind her entire life.

**Call 1-712-432-5610, Code 660#
Every 2nd Tuesday
10:00 a.m.**





As a nonprofit, PeopleWorks-NM's mission is providing mental wellness services to persons in need of assistance during times when coping with the burden of increasing problems, conflicts and health issues is overwhelming. PeopleWorks-NM serves residents in all of New Mexico through telehealth services, especially during the pandemic. We plan to hold caregiver support meetings October through early December and various workshops via Zoom during the pandemic, free of charge. And, we also have created two short videos to inspire you in your journey. To find these offerings go to this link on our website:

<https://peopleworksnm.org/online-groups-classes/>

If you have questions please call our office 9 am-2 pm, Monday through Friday: 505-990-4186

peopleworksnm.org • (505)990-4186

The Ultimate Round-Up of Virtual Tours

National Parks, Buckingham Palace, the Guinness Storehouse, Central Park and more!

<http://www.wonderandwanders.com/travel-without-leaving-your-couch-take-these-virtual-tours/>



Halloween Popcorn Party

As you come through the lunch drive through on Friday, October 30, be sure to pick up a bag of *Monster Mix* to enjoy as a treat! MSC Staff will be out in the drive through line handing them out. Happy Halloween!



WORK-OUT ROOM

We are pleased to announce that a temporary work-out room has been added to Meadowlark. We now have the following machines available to use by appointment only:

- ◇ Treadmill
- ◇ Elliptical
- ◇ Ab machine
- ◇ Stationary bike

*The Work-Out Room is available to use Monday through Friday for \$2 for a one hour time slot. Per the Governor's Executive Health Order released on 7/9/20, masks are required while exercising. **Call (505)891-5018 to make an appointment!***

Lunch

Home Delivered and Drive-Through meals are being distributed Monday through Friday from 11:30 a.m.—12:30 p.m.

Important Phone Numbers

Senior Citizen Help/Food Hotline

1(800)432-2080

COVID-19 Testing in Sandoval County

- NextCare, (505)395-5520
- NM Department of Health,
Sandoval County Public Health Office,
(505)867-2291

Coronavirus Hotline: 1(855)600-3453

Non-health related COVID-19 questions: 1(833)551-0518

Sandoval County Meal Site:
(505)896-8311

The Origin of Halloween

Halloween is a holiday celebrated each year on October 31. The tradition originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, festive gatherings, donning costumes and eating treats.

Flu Shots



In conjunction with the Rio Rancho Fire Department, the Meadowlark Senior Center will be hosting Albertsons Pharmacy for a drive-thru flu vaccination clinic on **Saturday, October 24, 2020**. Since a limited amount of slots are available, please call (505) 891-5018 for a reservation. You will be required to fill out a consent form and present your **prescription** insurance card information at the clinic. Forms can be obtained prior to clinic at the Senior Center. Once a time is confirmed, someone from the staff will inform you of your appointment time.

Having fun isn't hard when you have a library card!

Take advantage of all of the virtual benefits that come with having a Rio Rancho Library Card. Check out books, movies, audio books and more!
<https://rrnm.gov/4541/Library-Services-due-to-COVID-19>

NOTICE on VOTING

2020 General Voter Registration

Sandoval County does offer Same Day Registration at all Early Voting Locations Only!

Required Documents:

- A New Mexico Current Driver's License or New Mexico Identification Card.
- Any Document that contains an address in the county together with a photo identification card.
- A Current Valid Student Photo Identification Card together with a current student fee statement that contains the student's address in the County.

Early Voting is from October 6th- October 31st in early voting you can vote at any location

http://www.sandovalcountynm.gov/wp-content/uploads/2020/09/2020_EarlyVoting_PollingLocations.pdf

The General Election will be held on November 3rd they can look up their voting location on the following website

http://www.sandovalcountynm.gov/wp-content/uploads/2020/09/2020_GE_PollingLocations.pdf



RIO METRO REGIONAL TRANSIT DISTRICT

Rio Rancho Dial-a-Ride

Rio Rancho Dial-a-Ride is a weekday door-to-door transportation service for Rio Rancho residents ages 62+ and disabled adults ages 18+. You must be registered to use this service.

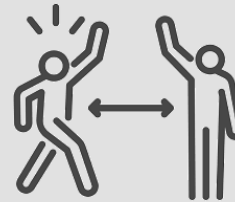
Service Areas

- *Rio Rancho City Limits*
- *Albuquerque (for medical appointments only)**
- *Cottonwood Mall Area**

***For more information, to schedule a ride, fare prices, or to apply, call (505)994-1608.**

Social Hour on The Patio

Are you alone most of the day? Do you need to connect with others while still social distancing? Meadowlark is introducing a *Social Hour* with a limit of 6 members. You'll meet new people or old friends, and share what you have been up and future plans for 2020. Social Hour is available on Tuesdays and Thursday on the Patio. Participants will be required to maintain 6 feet between each other. Call (505)891-5018 to grab a spot!



ECHO Food Program

Commodity boxes are available for people age 60 and over who meet the following income guidelines:

Household size	Gross monthly income
1	\$1,354
2	\$1,832
3	\$2,310

Commodity distribution and registration will occur from 11:00 a.m.—12:30 p.m. in the MSC Parking Lot on the following Mondays: *October 26, November 16 and December 14*. For more information and registration requirements, contact ECHO at www.echoinc.org or (505)242-6777.



Our Billiards Room is now open by appointment!

Drive-In Theater

Drive in theaters are back! You can enjoy getting out of the house and still social distance. The Rio Rancho Events Center (formerly the Santa Ana Star Center) will be showing some Halloween flicks during the month of October. Check their calendar of events for more information.

<http://www.santaanastarcenter.com/things-to-do-new-mexico.aspx>



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E-mail: info@yncm-abq.com

\$64 per hour (1 hour minimum) plus a \$15 per-trip fee.

**Membership expired?
MSC Rapid Renewal!**

Call to renew your membership today!

October is

Breast Cancer Awareness Month

Here are some Fast Facts About Breast Cancer



- Each year in the United States, more than 250,000 women get breast cancer and 42,000 women die from the disease.
- Men can also get breast cancer, but it is not very common. About 1 out of every 100 breast cancers diagnosed in the United States is found in a man.
- Most breast cancers are found in women who are 50 years old or older, but breast cancer also affects younger women.

Culinary Corner

Pumpkin Pie Dump Cake

Happy Fall, Y'all! Get your pumpkin fix this autumn with this easy dump cake recipe.

Ingredients

- 1 (15oz) can pumpkin puree
- 1 (12oz) can evaporated milk
- 3 eggs
- 1 cup sugar
- 1 tsp cinnamon
- 1 box spice cake mix
- 2 sticks butter (melted)
- whipped cream for topping

Instructions

Preheat oven to 350 degrees F. Grease a 9 x 13 baking dish. In a large bowl, whisk together pumpkin puree, evaporated milk, eggs, sugar, cinnamon until smooth. Pour mixture into greased baking dish. Evenly sprinkle dry cake mix on top, then drizzle butter over the cake mix. Put in the oven and bake for 55-60 minutes. Let cool and then serve with whipped cream! Enjoy!

Follow us on Facebook
@RioRanchoParksandRec

- *Video presentations*
- *Activities*
- *Updates and more!*

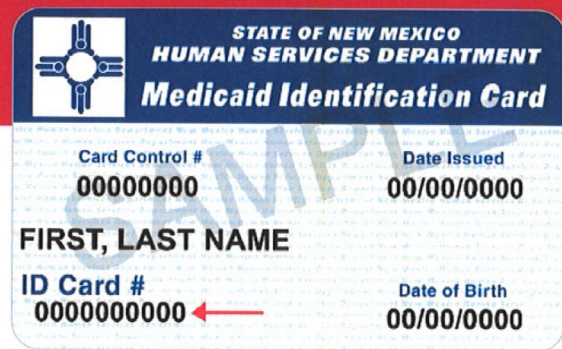
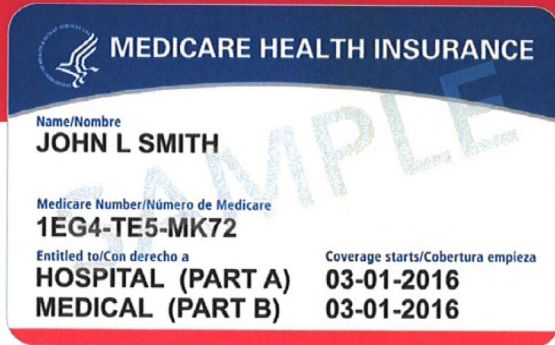
REACH THE SENIOR MARKET!

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Call (505)891-5018 for
information and rates.

Presbyterian Dual Plus (HMO D-SNP) H 3204-013-004

Do you have these cards? You have more choices with more benefits for no additional cost!



Dental Coverage
\$3,000 in dental services annually.



No-cost Gym Membership
SilverSneakers® fitness membership and locations nationwide at no additional cost.



Over-the-Counter (OTC) Benefit Card, Catalog or Online Ordering Benefit
\$1,100 in annual credits every year for health-related items.



Hearing Aid Allowance
\$2,000 allowance every two years for hearing aids and \$0 hearing screening.



Transportation Benefit
50 one-way rides annually or 25 round trips to your doctor, dentist or pharmacy.



Acupuncture Benefit
12 visits per year.



Chiropractic Benefit
25 routine visits per year.



Vision Benefit
\$275 annual benefit for exam, contacts and glasses.

Want to enroll?



Call Danny Hernandez at 505-264-5087 or email at dhern@phs.org for questions regarding our plan.

Presbyterian Dual Plus is an HMO Special Needs Plan (SNP) with a Medicare contract and a contract with the State of New Mexico Human Services Department Medicaid program. Enrollment in Presbyterian Dual Plus (HMO D-SNP) depends on contract renewal.

PRESBYTERIAN

www.phs.org/dualplus

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Meadowlark Notes

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Meadowlark Senior Center
4330 Meadowlark Lane SE
Rio Rancho, NM 87124

For uninterrupted delivery of your “Notes,” check your address label for the expiration date. Renew when due.
If your label reads **10/20**, this is your last issue.

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